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NEWS WORTH SHARING.

## Hot off the runways

From neoprene dresses to raffia skirts, three must-see spring collections from New York Fashion Week PAGE 17

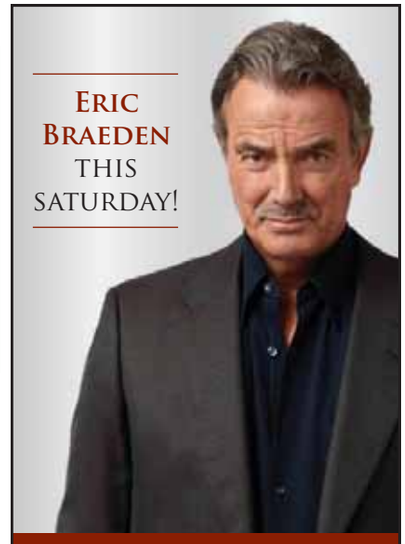
## Obama reveals ISIS strategy

U.S. president uses rare prime-time speech to lay out plan for fighting militants in Syria and Iraq PAGE 8

## FORD IN HOSPITAL WITH TUMOUR DIAGNOSIS

TORONTO MAYOR UNDERGOING A SERIES OF TESTS PAGE 10

ERIC BRAEDEN THIS SATURDAY!



See Page 9

# Tenants cry foul over eviction notices

**West End.** Landlord accused of trying to intimidate residents

A new landlord is making life a nightmare for residents of a West End rental building as an MLA calls on illegal evictions and rent increases to stop.

Plan A Real Estate Services Ltd. took possession of 1168 Pendrell St., known as Hofmann Manor, Aug. 5 and residents allege they've since been threatened with an illegal 30 per cent rent increase, unlawful inspections, and a barrage of eviction notices for supposed breaches of material terms such as not having carpet in the bathroom.

For example, one resident says she was served an eviction notice for living with an illegal tenant: her husband.

Residents say they have been told to get rid of their bicycles and have also had their laundry costs increased to $13.50 for a single load.

Sixteen separate tenant notices have been issued to residents from Aug. 6 to Sept. 5.

"We come home and almost every day there is a new notice posted to our door," said Absalon Figueroa, a resident at the building for four years who added he received three eviction notices in one week. "We feel the new landlords are abusing their position of power with the tenants to try to intimidate us. They want us to move out and they're pretty much stopping at nothing."

Another resident, Brandi Ross, claims she was handed an eviction notice for not having tenant insurance even though she showed Plan A proof of her insurance.

She and other residents have been offered new short-term leases with non-negotiable clauses to vacate at the end of the term.

"If we all did not take a careful look at what we were signing, we'd all be moving out New Year's Day," she said. "What they're doing is illegal and needs to be stopped."

Vancouver-West End MLA Spencer Chandra Herbert has vowed to help the residents fight their landlord at the Residential Tenancy Branch.

"What this is is a greed eviction. It's just pure and simple about money," said Chandra Herbert. "This isn't a renoviction, which was talked about all the time in the media. This building was renovated four years ago. The residents all pay market rent, they've all paid their annual rent increase every year. We'll fight it as long as we have to."

The city is also keeping a close eye on the situation.

Plan A was served legal notice by the city Sept. 3 after being found to be illegally renting units in the building out for less than 30 days, through the popular online peer-to-peer accommodation website Airbnb.

Chandra Herbert accused the landlord of trying to turn the rental building into "a kind of Airbnb mini-hotel" to maximize profits.

After several attempts to contact the landlord, Plan A Real Estate Services claimed its director, Anoop Majithia, was out of the country on business and not available for interviews. MATT KIELTYKA/METRO

Vancouver-West End MLA Spencer Chandra Herbert joins residents of Hofmann Manor in Vancouver Wednesday to talk about alleged illegal rent increases and eviction attempts by the building's landlord. MATT KIELTYKA/METRO

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## FIVE THINGS YOU NEED TO KNOW TODAY

**1**
### A RACE TO RACE
The good news: The incredibly popular SeaWheeze Half Marathon is back for 2015. The bad news: It sold out all 10,016 registration spots in just 35 short minutes on Wednesday.

**2**
### RIDE ON!
Vancouver cyclists are invited to attend Bike-apalooza, a free bike fair, today at the VGH Cycling Centre at West 10th Avenue between Willow and Heather streets.

**3**
### IT WAS ALL SHOW
Shia LaBeouf admitted yesterday to acting up at a Broadway show, pleading guilty to disorderly conduct in one of several episodes of bizarre behaviour he has displayed in recent years.

**4**
### ROCK-STAR POPE?
In the Philippines, life-size cardboard cutouts of the Pope are being distributed to churches, schools and malls to help build "papal fever" ahead of his visit.

**5**
### PISTORIUS TRIAL
A judge is expected to render a verdict today in the murder trial of Oscar Pistorius. The South African athlete is accused of murdering his girlfriend by shooting at her through a door.

# City's report on mental health, addiction released

**One year later.** Phase 1 plan from Mayor's Task Force on Mental Health and Addictions makes 23 recommendations

EMILY JACKSON
emily.jackson@metronews.ca

A task force assembled last year to address Vancouver's "major crisis" of severe mental illness and addiction has released its recommendations on how to improve the fate of residents struggling with these health issues.

The report released Wednesday lists 23 recommendations to improve the lives of residents living with mental health issues and addiction.

Its first suggestion is that major players — including Vancouver Coastal Health, the Ministry of Health, the city and non-profits — need to work better together and integrate systems so people don't slide between the gaps.

Other recommendations fall under the categories of creating a peer-informed system, destigmatization, youth, aboriginal people and training surrounding addictions.

Specific actions include creating another advisory group to develop concepts for Aboriginal Healing and Wellness Centres; enhanced police training with people who have lived with mental health issues and addiction; and building a data-sharing model with SFU and UBC to help service providers, health-care workers and residents struggling these issues.

The report comes almost exactly a year after Mayor Gregor Robertson and Police Chief Jim Chu asked the province for urgent help with a surge in emergency-room visits, police taking people into custody under the Mental Health Act and a few violent incidents.

In November, the province responded with $26 million that has thus far funded two new assertive community treatment (ACT) teams, a nine-bed unit for people in acute distress at St. Paul's Hospital and an outreach team to help with transitions from the hospital to the community. Still remaining on Vancouver's wish list are about 250 long-term beds and increased staffing at subsided housing sites for people with psychiatric issues.

Police blocked off a street in the Downtown Eastside in November 2013 after a man with mental illness barricaded himself inside an apartment. EMILY JACKSON/METRO FILE

On Wednesday, the mayor repeated a call to mobilize senior levels of government to "help our most vulnerable residents get the support they need."

"Untreated mental illness and addictions continues to be an issue that our city confronts, whether it's through our social services, policing, or schools," Robertson said in a statement.

The city spends about $30 million annually on mental health issues and addictions through police, emergency response, housing and social services, according to the statement.

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Facing charges

## Man accused in Yaletown shooting appears in court

The man charged in June's shooting of the owner of a popular Yaletown bike shop appeared in court by video-link Wednesday.

Gerald Mark Battersby was in a wheelchair, dressed in orange prison garb with thick, black-rimmed glasses and a white goatee, as he appeared via webcam from the North Fraser Pre-trial Centre.

Appearing for just a minute, Battersby spoke only once, responding to his lawyer, who asked if he could hear the court.

"Yes, I can," Battersby said in a clear, unwavering voice.

Lawyer Brock Martland said it could be months before Battersby's trial gets underway.

Battersby has been charged with six counts of attempted murder relating to the shooting of Paul Dragan, owner of the Reckless bicycle store, as well as the attempted shooting of five police officers in the June 10 incident that started outside a Starbucks on Davie Street and ended in a dramatic shootout in front of Science World.

He was injured in the police shootout, with multiple gunshot wounds to his arm, leg and other areas of his body. Battersby is also charged with four firearms offences. His next court appearance is on Oct. 6.

THANDI FLETCHER/METRO

## South Slope. Gang conflict responsible for Molotov cocktail arsons, police say

A conflict between two gangs is to blame for three separate arsons in Vancouver's residential South Slope neighbourhood this month, according to Vancouver police.

Molotov cocktails with accelerant were thrown into two detached garages and one living room in three homes across the laneway from each other on East 61st and East 62nd Avenues near Knight Street around 4 a.m. on Sept. 2, 4 and 9, Const. Brian Montague said at a news conference Wednesday.

While the first two fires appear to have hit their intended targets, the third fire appears to have hit a house not involved in the gang conflict over drugs, Montague said.

In all three arsons, the suspects fled on motorcycles.

Montague would not reveal which gangs or how many people are involved in the incidents, but said police have met with members from both gangs in an effort to stop the arsons.

Getting them to co-operate has been a "challenge," Montague said, but police are reaching out because of the risk of serious injury or death for gang members and their neighbours, such as a couple sleeping in a laneway house next door to the second arson.

Police have placed extra patrols in the area, canvassed for video and are asking neighbours to report suspicious behaviour.

Anyone with information is asked to call police at 604-717-2541 or Crime Stoppers at 1-800-222-8477.

EMILY JACKSON/METRO

An empty teacher's desk is pictured in an empty classroom at McGee Secondary school in Vancouver last week. JONATHAN HAYWARD/THE CANADIAN PRESS

# B.C. unions pledge $8M in loans for striking teachers

**Interest-free.** 'No one will be starved out here,' says president of B.C. Federation of Labour

Pressure appears to be mounting on the British Columbia government to accept binding arbitration to resolve the ongoing teachers' strike as a group of unions offered millions of dollars in loans to the educators and the premier was publicly heckled.

Nine unions banded together Wednesday to announce $8 million in interest-free loans for financially struggling B.C. Teachers' Federation members, who voted the same day on their union's proposal of binding arbitration to end the conflict.

"It's not going to be money that's going to end this dispute. No one will be starved out here," said B.C. Federation of Labour president Jim Sinclair, flanked by eight labour leaders who vowed support for teachers outside a Vancouver high school.

"It's going to be (Premier) Christy Clark who must end this dispute by going to arbitration and solving the problems," Sinclair said.

Along with the loans, the B.C. Nurses' Union, which will soon be negotiating its own contract ending in March, donated $500,000 to the teachers' union to ensure the government does not "bleed them dry," said president Gayle Duteil.

The results of the teachers' vote on binding arbitration were expected Wednesday night though the provincial government has twice rejected that option as a way to end the strike, saying a negotiated settlement is the best method even after a mediator has declared the two sides remain far apart.

Soon after the unions announced their support for teachers, dozens of picketing teachers protested in Maple Ridge, where their chanting penetrated Clark's remarks at a municipal event.

Clark continued to reject the potential of binding arbitration as a solution that could allow half a million students to start school.

The government has said the results of binding arbitration could be expensive for taxpayers. A settlement awarded to B.C. doctors by an arbitrator more than a decade ago prompted a tax hike.

The province maintains the B.C. Teachers' Federation is asking for double the wages of 150,000 public-sector workers who have already settled contracts but a coalition of unions has demanded the government stop using them as scapegoats.

THE CANADIAN PRESS

Emotions running high

**"I know that emotions are running very high but I also know that sometimes when emotions are running high, it's sometimes when, strangely, these opportunities present themselves."** Christy Clark, B.C. Premier on resolving the strike

# Fate of alleged serial killer in jury's hands

## Cody Legebokoff.
Justice offers his final instructions to jurors

Accused serial killer Cody Legebokoff has been on trial since June 2. METRO FILE

Jurors in northern British Columbia have begun deciding the fate of a 24-year-old accused serial killer.

Cody Legebokoff has been on trial since June 2, facing charges of first-degree murder in the deaths of Jill Stuchenko, Cynthia Maas, both 35, Natasha Montgomery, 23, and Loren Leslie, 15.

B.C. Supreme Court Justice Glen Parrett wrapped up his instructions before the 12 jurors began their deliberations midday Wednesday.

Parrett said jurors must be unanimous in their verdicts but can reach their decisions by different routes.

Parrett said jurors might have to consider the levels of Legebokoff's alleged intoxication when deciding if he had the intent required for murder. Legebokoff testified he had consumed crack cocaine at the time of each killing.

"As a result of consuming alcohol or drugs, a person may not have the required intent," Parrett said.

"However, the mere fact that a person's mind is affected by alcohol or drugs so that they lose inhibitions or act in a way in which they would not have done had they been sober is no excuse if the required intent is proven."

Parrett suggested jury members start by deciding if they believe Legebokoff's story that three people he named X, Y and Z committed the killings.

He also suggested they establish a timeline for each of the killings.

Stuchenko's body was found Oct. 26, 2009 partially buried in a gravel pit. Maas' body was found Oct. 9, 2010 in a park. Montgomery's body has never been located, but numerous samples of her blood were found in Legebokoff's apartment and on an axe in the home. Leslie's body was found Nov. 27, 2010.

The Crown has argued that even if the jury believes Legebokoff's testimony that X, Y and Z carried out the killings, then the 24-year-old is still guilty of first-degree murder because he was a party to the crimes by providing the weapons.

Legebokoff admitted he struck Leslie with a pipe wrench but only after she went "psycho." His lawyer, Jim Heller, emphasized her mental-health problems in urging the jury to find Legebokoff guilty of second-degree murder on all four counts. THE CANADIAN PRESS

**Witnesses**

**93**

Since the trial began, the jury has heard testimony from 93 witnesses on behalf of the Crown, as well as Legebokoff.

# First Nation land rights.
## Clark says recent court loss also an opportunity

Premier Christy Clark admits that a Supreme Court of Canada ruling on First Nations land rights was a legal loss for her government, but she's working on creating a victory for everyone involved.

Clark travelled to the remote Nemiah Valley southwest of Williams Lake on Wednesday, becoming the first B.C. premier to meet with Tsilhqot'in First Nation leaders on their traditional lands.

While there, she signed agreements committing the province and the Tsilhqot'in to negotiations meant to ensure the recent decision will work for all British Columbians.

"Technically, on a legal basis, we lost," Clark said. "But I don't see it that way."

"The Supreme Court of Canada has set out a fork in the road for us here, and I am determined that — in looking at the decision — we can embrace it," she said.

The court decision in June was the first time in Canadian history a First Nation was granted title to such a vast piece of land.

**Redress**

**The letter of understanding also maps out plans to redress a 150-year-old wound over the hangings of six chiefs during the Chilcotin War of 1864.**

- Tsilhqot'in National Government spokesman Joe Alphonse said last week that the meeting with Clark was significant and powerful, saying the premier also committed to visiting Oct. 26 for an annual remembrance of the 1864 hangings.

Many legal, aboriginal and government experts suggested the high-court decision shifts the balance of power on land use and land-rights issues in favour of aboriginals.

But Clark said after meeting last week with Tsilhqot'in leaders she sensed a willingness from both sides to work together on economic and social issues in spite of the court decision. THE CANADIAN PRESS

**Now hiring**

## Putting the 'butt' back in 'butler'

It's a pain in the rear end, but someone's got to do it.

Vancouver-based company Butlers in the Buff is recruiting new male servers this week for its catering and events operations.

The catch? Butlers must be willing to bare their buns, wearing only a collar, bow tie, cuffs and a tiny apron.

Jason Didcott, the original butler, started the "male order" company 15 years ago, and business has been booming ever since.

"We're constantly hiring," he said. "Just having the bottoms showing, it's just enough cheeky fun that it's funny and not shocking or embarrassing to anybody."

With earnings of $50 to $60 an hour plus tips, Didcott said, the gig is a chance for men to earn supplemental income. Many of the employees are students or have day jobs, he said. THANDI FLETCHER/METRO

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# Russia building new nukes: Putin

Russia is developing an array of new nuclear and conventional weapons to counter moves by the U.S. and NATO, but will carefully weigh the costs to avoid overburdening its economy, President Vladimir Putin said Wednesday.

Putin told a Kremlin meeting on weapons modernization plans that the West shouldn't be surprised about Moscow's efforts in view of U.S. missile defence plans and other decisions he said have threatened Russia's security.

"We have warned many times that we would have to take corresponding countermeasures to ensure our security," Putin said, adding that he would now take personal charge of the government commission that oversees military industries.

He said the weapons modernization program for 2016 to 2025 should focus on building a new array of offensive weapons to provide a "guaranteed nuclear deterrent," re-arming strategic and long-range aviation, creating an aerospace defence system and developing high-precision conventional weapons.

Putin and other officials have repeatedly boasted about new Russian nuclear missiles' capability to penetrate any prospective missile shield. THE ASSOCIATED PRESS

President Vladimir Putin at the Lifegiving Trinity Church in Moscow Wednesday. THE ASSOCIATED PRESS

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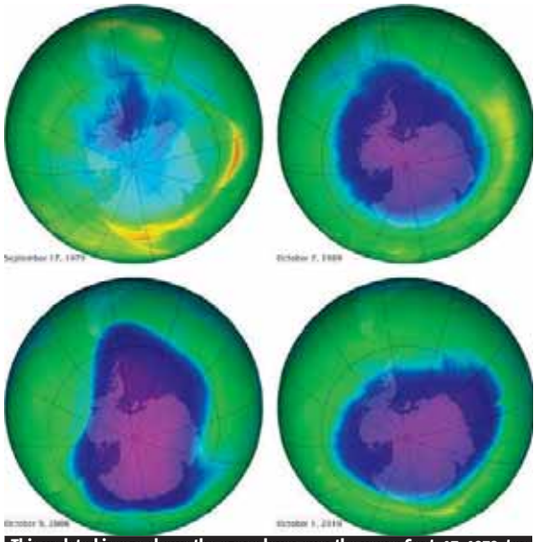

This undated image shows the ozone layer over the years: Sept. 17, 1979, top left; Oct. 7, 1989, top right; Oct. 9, 2006, lower left; and Oct. 1, 2010, lower right. Earth's protective but fragile ozone layer is finally starting to rebound, says a United Nations panel of scientists. COURTESY NASA/THE ASSOCIATED PRESS

# Ozone layer recovering: Scientists

**But far from healed.**
Protective layer still about 6 per cent thinner than in 1980

Earth's protective but fragile ozone layer is beginning to recover, largely because of the phase-out since the 1980s of certain chemicals used in refrigerants and aerosol cans, a UN scientific panel reported Wednesday in a rare piece of good news about the health of the planet.

Scientists said the development demonstrates that when the world comes together, it can counteract a brewing ecological crisis.

For the first time in 35 years, scientists were able to confirm a statistically significant and sustained increase in stratospheric ozone, which shields us from solar radiation that causes skin cancer, crop damage and other problems. From 2000 to 2013, ozone levels went up four per cent in the key mid-northern latitudes at about 50 kilometres high, said NASA scientist Paul A. Newman. He co-chaired the every-four-years ozone assessment by 300 scientists, released at the United Nations.

"It's a victory for diplomacy and for science and for the fact that we were able to work together," said chemist Mario Molina. In 1974, Molina and F. Sherwood Rowland wrote a scientific study forecasting the ozone depletion problem. They won the 1995 Nobel Prize in chemistry for their work.

The United Nations calculated in an earlier report that without the 1987 pact that phased out CFCs, by 2030 there would have been an extra two million skin cancer cases a year around the world.

The ozone layer is still far from healed. The long-lasting, ozone-eating chemicals still lingering in the atmosphere create a yearly fall ozone hole above the extreme Southern Hemisphere, and the hole hasn't closed up.

THE ASSOCIATED PRESS

**The pact**

**The ozone layer had been thinning since the late 1970s. Man-made chlorofluorocarbons, called CFCs, released chlorine and bromine, which destroyed ozone molecules in the air.**

- After scientists raised the alarm, countries around the world agreed to a treaty in 1987 that phased out CFCs.

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# Obama vows to lead coalition in attack on ISIS in Syria

**Prime-time TV address.** President pledges to engage Islamic rebels via multi-country coalition and U.S. airstrikes

In a dramatic shift, U.S. President Barack Obama has opened a new front in the fight against Islamic rebels, promising to lead an international coalition that will attack them on Syrian turf.

He used a rare prime-time speech to lay out a program that would have been unthinkable until recently: a multi-country fight in the Middle East, involving American airstrikes and special forces in Iraq and now Syria, as part of a broad counter-terrorism plan.

"We will degrade, and ultimately destroy, ISIL through a comprehensive and sustained counter-terrorism strategy," Obama said, referring to the militant group also known as ISIS.

President Barack Obama gave no timetable for U.S. efforts against ISIS. SAUL LOEB/THE ASSOCIATED PRESS

"We will hunt down terrorists who threaten our country wherever they are. That means I will not hesitate to take action against ISIL in Syria, as well as Iraq. This is a core principle of my presidency: If you threaten America, you will find no safe haven."

Obama carefully avoided calling it a war.

He added a familiar caveat, as he has at every step of the way in recent weeks as American military involvement in the region steadily increased, promising once again that combat troops won't be going back in: "We will not get dragged into another ground war in Iraq."

Canada is among the countries involved in the Iraq mission, but the federal government quickly shot down the idea of participating in Syria.

Late Wednesday, a spokesman for Prime Minister Stephen Harper said Canada was committed to addressing this "barbaric terrorist threat," with humanitarian aid and military advisers in Iraq, but said the commitment would be re-evaluated after 30 days and would not expand to Syria.

THE CANADIAN PRESS

## Suicide. Segregated inmates at risk: Report

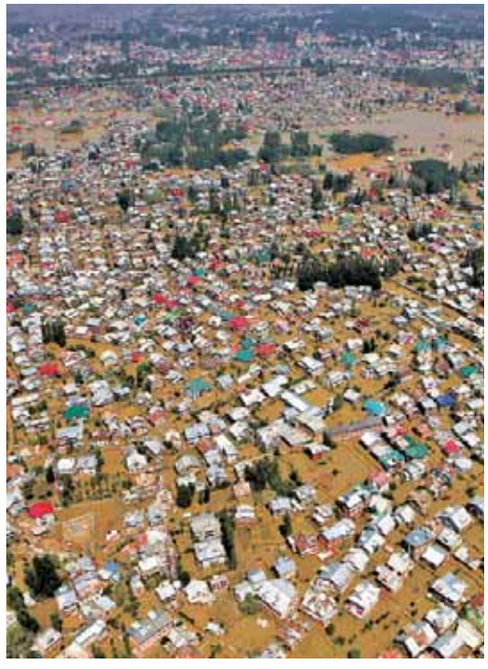
The federal prison watchdog says Corrections Canada must stop isolating mentally ill, suicidal or self-harming prisoners, saying inmates in segregation units are all too easily able to kill themselves.

In a scathing report released on World Suicide Prevention Day, Howard Sapers says almost half of the suicides reviewed by the Office of the Correctional Investigator took place in segregation cells supposedly under close monitoring.

Sapers' office examined 30 suicides in penitentiaries between April 2011 and March 2014.

Twenty-five of those prisoners hanged themselves, 14 of them while they were in solitary confinement. Nineteen of the prisoners who hanged themselves had previously attempted suicide; seven had tried to kill themselves more than twice.

THE CANADIAN PRESS



## Floods' death toll passes 400

An aerial photo shows buildings partially submerged in Srinagar, in Indian-controlled Kashmir, on Wednesday. Authorities said raging monsoon floods sweeping across India and Pakistan have killed more than 440 people. DAR YASIN/THE ASSOCIATED PRESS

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## Toronto. Mayor Rob Ford hospitalized after being diagnosed with tumour

Toronto Mayor Rob Ford was diagnosed with a tumour on Wednesday after seeking treatment hours earlier for "unbearable" abdominal pain.

The CEO of the Humber River Hospital told reporters the mayor has dealt with abdominal pains for more than three months.

"He was having left-lower-quadrant abdominal pain.… It's been going on for more than three months but today it became unbearable for him," Dr. Rueben Devlin said at a hastily called press conference Wednesday evening.

"Examination and investigation today revealed that he has a tumour. The mayor has been admitted to Humber River Hospital to allow for further investigation to obtain a definitive diagnosis."

Ford's brother, Coun. Doug Ford, said the mayor was coping well.

"He's in good spirits and just thanks everyone for all the well-wishes," the older Ford said, adding that his brother hadn't complained of his abdominal pain to him in the past.

"He had stomach pain, I had breakfast with him today … and he said his stomach was bothering him. He went to the doctor's and then the doctor sent him over to Humber and we're here today."

The mayor will be kept in hospital over the next few days as tests are conducted to determine more details about the tumour, Devlin said, adding that it was a CT scan that brought physicians to their early diagnosis.

"He's being investigated further and we need to determine exactly what type of tumour it is and then we can decide on what treatment is required," Devlin said.

Rob Ford is running for re-election in the city's Oct. 27 municipal vote. His brother wouldn't comment on how the tumour diagnosis might impact his campaign.

THE CANADIAN PRESS

# Dominatrix whips up a scene during Bill C-36 hearings

**Terri-Jean Bedford.** Leather-clad opponent of prostitution bill threatens to expose politicians' hypocrisy, gets thrown out of proceedings

Dominatrix Terri-Jean Bedford prepares to testify at the Senate committee looking into the Conservative government's prostitution bill, on Parliament Hill in Ottawa Wednesday. FRED CHARTRAND/THE CANADIAN PRESS

The controversial, leather-clad woman at the heart of the effort to rewrite Canada's prostitution laws delivered an unexpected whip-crack of drama Wednesday among the buttoned-down senators examining Bill C-36.

Terri-Jean Bedford, who calls herself "the most famous dominatrix in Canada," was tossed out of Senate hearings on the legislation after exhausting the patience of committee chair Sen. Bob Runciman.

Bill C-36 treats prostitutes as victims, seeking to protect them from almost all criminal prosecution. The bill instead targets pimps and johns, as well as others who profit or trade in sex on an exploitative basis.

Supporters of the bill argue that those in the sex trade are forced into it by systematic issues of poverty, racism and sexism and deserve protection from the law. And they agree that going after those who are the instigators of the sex trade is a way to better protect those women. Bedford, however, is not among them — and she made that abundantly clear Wednesday.

It's not the purview of the government to tell women when or how they can or cannot sell sex, she argued, whip in hand, as she threatened to expose politicians who supposedly avail themselves of the world's oldest profession.

"If this law passes I'm going to make you guys forget about Mike Duffy, because I've got more information and more proof on politicians in this country than you can shake a stick at, I promise," she said.

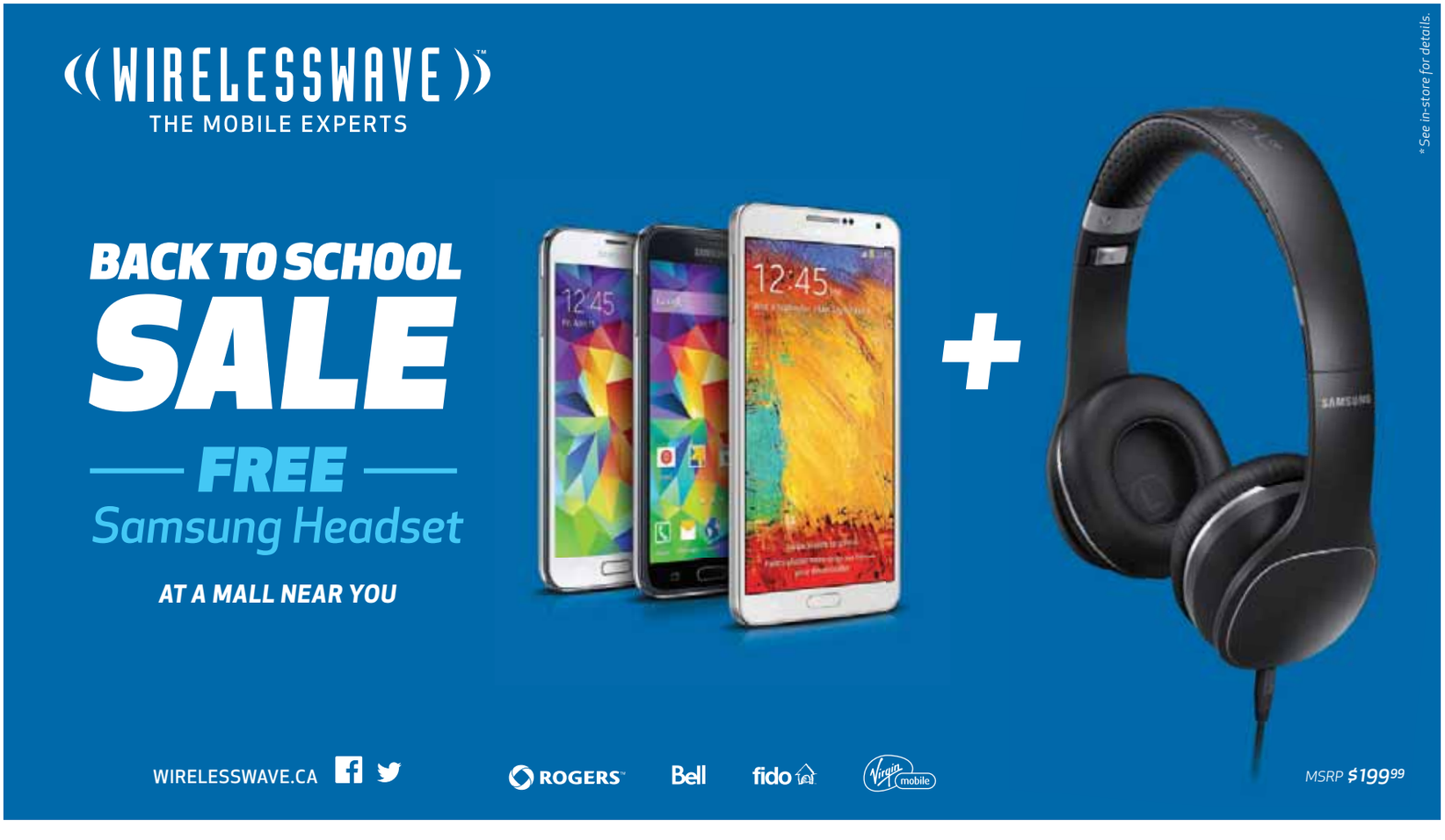
When asked by Liberal Sen. Serge Joyal how the new law might affect her work, Bedford cracked her whip on the desk and said the new law would ensure she was back before government in 10 years, arguing the issue anew.

At one point, with Bedford's allotted time running down, Runciman tried to remind her that she needed to wrap up.

"You have given lots of other people lots of time," she complained.

Runciman asked Bedford to respect the rules of the committee, saying if she didn't, he'd suspend the meeting and have her escorted out. Bedford pressed on, so Runciman banged the gavel to end the hearing. Bedford was escorted out by security.

THE CANADIAN PRESS

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**Market Minute**

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**TSX**
15,471.89 (-64.92)

**OIL**
$91.67 US (-$1.08)

**GOLD**
$1,245.30 US (-$3.20)

**Natural gas:** $3.96 US (+$0.01)
**Dow Jones:** 17,068.71 (+54.84)

The fate of the British pound will be front and centre in any separation proceedings between Scotland and the United Kingdom. THE ASSOCIATED PRESS FILE

# What will happen to the British pound?

**Sept. 18.** As the vote on independence nears, the fate of the pound hangs in the balance

In for a penny, in for a pound.

There'll be no going back if Scotland votes for independence from the United Kingdom on Sept. 18.

Opinion polls showing that may happen have prompted investors to sell off the British pound. If a knockout blow is dealt to Scotland's 307-year union with England, that selling could accelerate as the U.K. plunges into a constitutional crisis. The fate of the pound, which is also known as sterling and is one of the most tangible links of the union, will be front and centre in any separation proceedings, as it has been during the campaign.

The nationalists, led by Scotland's First Minister Alex Salmond, hope Scotland will still use the pound through a currency union with what's left of the U.K. — Wales, Northern Ireland and England. The main British political parties, notably the Conservatives and Labour, say that's not going to happen. THE ASSOCIATED PRESS

# Bell execs. Customers could be hurt by changes

Consumers will get less and pay more, and jobs will be lost, under proposals being debated this week to modernize television program delivery, the country's broadcast regulator has been told.

A throng of frustrated media executives warned of dire times ahead for Canada's TV world Wednesday as the Canadian Radio-television and Telecommunications Commission held a third day of hearings on how Canadians get and pay for TV programming.

The CRTC has proposed that consumers be allowed to pick the individual channels they want from cable and satellite service providers, over and above a price-capped, trimmed-down mandatory service that includes mainly local channels.

It has also opened the door to allowing TV stations to shut down transmitters, which would mean the end of free, over-the-air broadcasting of television signals. THE CANADIAN PRESS


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# LIFE IN THE VACUUM-SEALED TUBE

HE SAYS
**John Mazerolle**
metronews.ca

Like so many other children, I spent my youth dreaming of a long transparent tube.

Specifically, I imagined a human-sized, vacuum-sealed tube that would extend from my front door and guide me around the world — through jungles and mountains and to cities more exotic than anything a New Brunswick boy could imagine. Shanghai, say. Or Saskatoon.

I'd be able to see the world's wonders, all within the safety of The Tube, which would proceed in a straight line — except for a slight adjustment to align with my back door.

The Tube was such a persistent daydream for me as a child that when Google Earth was released I checked to see where the route would have taken me.

It was barren rock, empty desert and ocean, save for a trip through Hiroshima's ground zero. The Tube makes you think.

I'm reminiscing about it because I've decided to share a secret revelation with you, against my better judgment: The Tube exists. Shhhhh …

Okay, so there's no physical tubing. But everything The Tube provided in my imagination actually exists in today's world. Despite how world news leaves us feeling, most of the planet is safe, comfortable and there to explore.

It's a secret I don't like to share. I was recently in Malaysian Borneo, and distant tropical islands are much better for my DEET cred if you think they sound mysterious and dangerous.

My father, for one, always sounds surprised when I get back home from trips alive.

"So you made it, huh?" he says with the same "How 'bout that?!" tone you might have if you dropped a wristwatch in the tub and it kept working.

But the truth is, Borneo is comfortable, friendly, clean. Most of the planet is comfortable, friendly and clean. If you heard the phrase "Dr. Livingstone, I presume," you could bet it's because the barista wants to know what he should write on your latte.

Starbucks is, in fact, the first thing I saw when I arrived in Borneo, even before customs. And the only thing I encountered more often than wide smiles and lush greenery was KFC. ("Authentic Bangkok flavour!" the signs informed me.)

It's not just the persistence of corporations that makes distant travel more familiar than one might imagine. I had a mountain guide for a climb, and years of TV had me assuming he'd be old, wizened and weather-worn, explaining the mountain spirits and medicinal properties of the foliage.

Instead, he was a 20-something dude in a tank top, smoking a cigarette and checking his phone every time it got that damned alert that sounds like a person whistling. As for my phone, I got a strong, clear signal three-quarters of the way up the mountain, and later when I was 100 kilometres down a jungle river.

I talked to my mother during one call, in a conversation that revealed the secret to her. I was eating and she asked what I was munching on, assuming it was insects or something. It was Pringles. The vacuum-sealed tube is real.

## It's the thrill of the fight

Artists, their bodies painted in the likeness of tigers, perform the annual Pulikali in Thrissur, in the southern Indian state of Kerala, Wednesday. Pulikali is a colourful recreational folk art revolving around the theme of tiger hunting, performed to entertain people during Onam, an annual harvest festival.
ARUN SANKAR K./THE ASSOCIATED PRESS

### Artists transformed into big cats for Indian harvest festival

Two-hundred-odd years ago, the Pulikali tradition started and every harvest season it returns to the Indian state of Kerala for Onam — the annual harvest festival.

During Onam, performers are transformed into tigers and hunters in bright yellow, red and black paints made from tempera and enamel. They dance to the beats of instruments, mimicking tiger hunts and tigers stalking their prey.

As with most traditions, there have been changes over time.

In the early days, dancers would paint themselves all over, but over the years masks were introduced, in addition to tiger teeth, tongues, beards and mustaches.

METRO

**Etymology**

### Pulikali

*Puli* = leopard/tiger and *kali* = play in Malayalam, a language spoken in India, primarily in the state of Kerala.

**MetroTube**

## Coax Me ft. Choir! Choir! Choir!

ANDREW FIFIELD
andrew.fifield@metronews.ca

SCREENGRAB

**Choir! Choir! Choir! is a Toronto project that gathers amateur singers into silver-voiced collectives. This week, to celebrate the 20th anniversary of Sloan's mighty Twice Removed album, they invited Chris Murphy and Jay Ferguson to join them for a lovely version of Coax Me — the best TR song that isn't Snowsuit Sound. (Choir! Choir! Choir!/YouTube)**

**Twitter**

**@metropicks asked: Apple unveiled its new iPhone6 with a larger screen, a smartwatch and a HealthKit. What should they do next?**

**@pohl1:** Bluetooth Pregnancy test.

**@JTProfile :** Apple should move into the home security & automation business. All sorts of innovative gadgets to be made

**@Canucklehead_ca:** If I don't see an iGrandfather clock soon I'll know they're just wasting everyone's time. iSigh.

**@TheOutspoken__1:** Copy android some more. Android has had all those features for years.

metro AR
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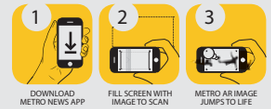


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# Popping up on a street near you to create buzz for local artists

**Thisopenspace.** Event organizers help set up temporary exhibits, workshops or creative talks — and then promote them

BACKSTAGE PASS
Graeme McRanor
vancouver@metronews.ca

Yashar Nijati, creative director for thisopenspace, has helped host more than 70 pop-up events since the production studio launched in 2012. CONTRIBUTED

Arts events are popping up all over Vancouver. In fact, they've been popping up with regularity for the past few years, thanks to Yashar Nijati.

He's the creative director of thisopenspace, a rebranded venture in Chinatown that started in an abandoned storefront his crew took over in 2012.

Since then, they've hosted more than 70 pop-up events — and Nijati says that's allowed the concept to evolve into a business that connects brands and artists with pop-up ready space, offer clients promotional and media relations support, assist with event production, and provide an engaged audience.

In other words, they provide the space, the logistics and the buzz.

"(It) has three parts," he explains. "First, it's a pop-up production studio — the first and only of its kind in Canada.

"Second, it's a network of pop-up ready spaces around the city. There is a flagship storefront (434 Columbia St.) and other temporary underutilized space, which we scout and make available for pop-ups.

"Finally, it is an online blog covering pop-up news in Vancouver and beyond."

So why does Vancouver need pop-up events?

"Every city needs this," he says. "Finding short-term spaces has many barriers, including lease negotiations, legal fees, business credit checks, insurance, setting up hydro and Wi-Fi.

"Then, the space should be pop-up ready, including lighting, bathrooms, retail fixtures, and window vinyls. Then you have to get floor plans and window measurements for set-up.

"Finally, once you have it all going, you have to make sure people hear about you," he adds. "That's the hardest part, as the temporary space you find will not have an audience of its own. We've built that audience over the last two years and we can leverage that to get local brands and artists recognized."

Want to stage an art exhibition? Or host a workshop, photo shoot or creative talk? Check out thisopenspace.ca for more information.

**Chan Centre**

## Man at the Chan launches season next Tuesday

Not just one man, but two. Powerhouse mandolinist Chris Thile and double-bassist Edgar Meyer play the Chan Centre for its season opener next week.

"Both artists are Chan Centre favourites — although they initially came to perform on the Chan Shun stage from very different backgrounds," says co-managing director Joyce Hinton.

"I am very excited to hear their latest collaboration and to welcome them back."

Check them out Tuesday, Sept. 16. Tickets start at $36.

For more information, go to chancentre.com.

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# Yes! There's an order to Mraz's new album about love

**Tried-and-true style.** Singer penned latest sticky-sweet album with female folk rock act Raining Jane

EMILY LAURENCE
Metro World News in New York

At this point, 12 years into his career as a coffeehouse-turned-arena playing singer-songwriter, Jason Mraz knows what works. He gets that his fans want a mellow, light-rock album full of sticky-sweet love songs. So, when it comes time to record a new album, he doesn't feel the pressure to reinvent himself.

"I honestly feel that I've made the same record every time," he tells us. That being said, his latest album, Yes!, a complete collaboration with the all-female folk rock band Raining Jane, wasn't planned at all. Mraz and Raining Jane have been meeting up to write songs twice a year for the past seven years. "We had no agenda other than just meeting up to write and have fun," Mraz says. Some of the songs ended up on some of Mraz's past albums, while others became hits for other singers, such as John Mayer. After a few particularly rewarding sessions in 2013, Mraz liked the songs so much, he decided to bundle them up into one album, that being the newly released, Yes!

"It was a happy accident," he says. "We didn't actually know we were writing an album. I think that would have sounded a lot different had we sat around thinking, 'OK, this has to be on the record.'"

Even in an age where people often download songs one single at a time, Mraz is obsessed with the order in which the songs occur on the album and says it's something he thinks about constantly. In his opinion, every album should tell a story, and each song is a fragment of that story. Not surprisingly, the songs on Yes! tell a love story.

It starts out recognizing that you do love someone; that love is there. "There's a little heartbreak and discomfort, and we just have to accept what's meant to be. There's compassion in the love story. There's forgiveness. There's acceptance. And the resolve is contentment, which is used to shine on."

Though Mraz is busy touring, he's already writing new songs.

"The best material is always the stuff that needs to be written," he says.

"It's the stuff that comes out of emotion, passion and the need to express or interpret something; to hear it back happening." From the sound of it, there's no shortage of love stories left to tell.

**Quoted**

**"It was a happy accident. We didn't actually know we were writing an album."**

Jason Mraz on creating his album Yes! with Raining Jane

**More Mraz**

- **About all those I'm Yours YouTube covers.** "It's always an honour as a songwriter to see another musician take the effort to play your songs and embody the words. My favourite I'm Yours cover that I saw was the little itchy nose kid playing the ukelele. He's just sitting in his closet playing the uke and his nose is itching. He even played the diminished chord which not a lot of people do!"

Scan this photo with your Metro News app to see one of those I'm Yours YouTube covers. GETTY IMAGES

**Hollywood**

## Nicki goes au naturel

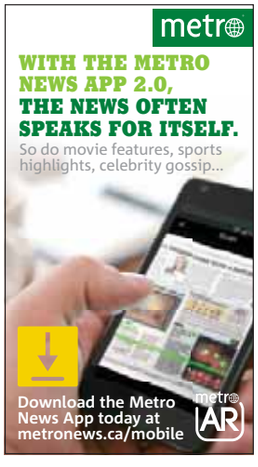
Nicki Minaj, who has recently dropped her colourful and odd-ball style for a more natural and sophisticated look, says it's because she's more comfortable in her skin. "I kind of feel now that I look more like my regular old self, like what I look like when I'm at home," she said in an interview Tuesday. "I think there's just a little bit more confidence and so I'm like, 'It is what it is. I am who I am. I look like what I look like.' I don't really have to change much of it anymore."

Minaj's new look includes her natural black hair colour versus the wild and bright wigs she's worn that helped establish her name in pop culture. At the Fashion Rocks concert Tuesday in Brooklyn, New York, where the rapper performed, she wore a blazer and skirt that came off like a little black dress.

"I just thought it was really, really sexy, but without being tight," she said.

THE ASSOCIATED PRESS

Nicki Minaj GETTY IMAGES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# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Taylor Swift ALL PHOTOS GETTY IMAGES

## Perry has a swift response to Taylor's Bad Blood diss

Suspiciously soon after news spread of Taylor Swift's explanation that her track Bad Blood was about a pop contemporary she thought she could trust, Katy Perry took to Twitter with a Mean Girls reference: "Watch out for the Regina George in sheep's clothing."

We knew she was trouble when she tweeted that.

It's unclear how Swift will respond but my money's on a Pinterest collection about Russell Brand.

## Gwen emails her hubby a pic of pregnancy stick

Because of her busy schedule, Gwen Stefani had to inform husband Gavin Rossdale via email that she was pregnant with their third child, Rossdale reveals to Howard Stern.

"I got this email on the road, from Gwen, and the title was in capitals, 'Look what you did to me now,'" he says. "I was like, 'What is this?' My blood pressure went through the roof. And I opened the email, and it was the pregnancy stick."

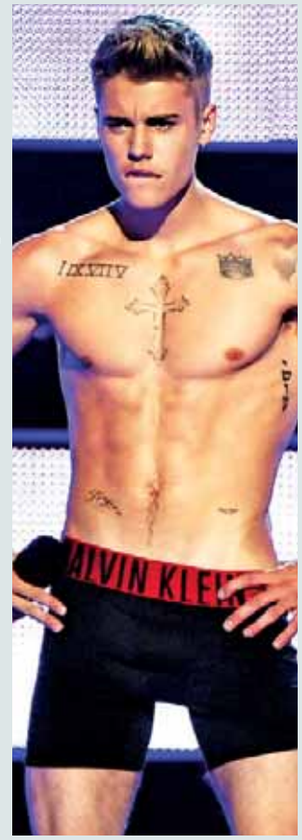
The couple's third son, Apollo, was born last February.

Gwen Stefani

The Word

## *Bieber's boxers fail to impress fashion fans*

THE WORD
Dorothy Robinson
scene@metronews.ca



These days, it's a surprise to wake up and not find a surprising story about Justin Bieber.

The latest incident involves Canada's boy king receiving a less-than-friendly reception at the Fashion Rocks event in New York earlier this week, and responding by stripping down to his underwear in some bizarre misapplication of the fight or flight instinct.

Bieber was introducing singer Rita Ora alongside model Lara Stone when the crowd turned on him and he responded by bearing nearly all.

"Is that better?" he asked.

Justin, if you have to ask …

Pharrell Williams

## Pharrell's happy little idea a huge hit across the U.K.

This ought to make him happy: Pharrell Williams' ubiquitous pop hit, Happy, has officially become the most downloaded song of all time in the U.K., according to the Guardian.

"The people of the U.K. have been so supportive of me over the years," Williams says. "That's the lifeline. Without them, you're just a musician with a couple of ideas. But with them, that is the thing that changes everything when they get involved, your little idea can become something."

Yes, something a lot of people will download.

## Cara's little piggies went to the market for bacon

Cara Delevingne's love of bacon apparently outweighs her aversion to horrific pain.

The model revealed a new tattoo dedicated to the most delicious food ever … on the bottom of her foot.

Delevingne posted an Instagram photo of the new tat, along with the caption "It happened" — which, come to think of it, could be the caption for every post on Instagram.

The tattoo, by the way, is just the word bacon with an ellipsis after. I do love me some good, well-placed punctuation, so good on you, Cara.

Cara Delevingne

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# I wanna be a part of it!

**New York, New York.** We give you front-row access to three must-see shows as fashion month kicks off again in the Big Apple

RAQUEL LANERI
Metro World News

## Ohne Titel

**The Look:** Sexed-up sporty

**The Runway:** Designers Alexa Adams and Florence Gill used scuba-tight neoprene and revealing mesh to maximum (minimal?) effect in figure-hugging micro-dresses, printed fit-and-flare knit miniskirts (worn over matching leggings), and lots of bandeau tops, in stark black and white with shots of electric blue or pink.

**Insta-worthy:** The opening black-and-white neoprene dress, adorned with blue and green fringe.

## Lie Sangbong

**The Look:** Lady Gaga meets Carolina Herrera

**The Runway:** Lie Sangbong was in a reflective mood this season, after a maritime disaster shook his native South Korea. But from that tragedy, he has spun a sartorial tale of hope and transformation. The crisp all-white tailored suits and draped dresses slowly morphed until they were ethereal gowns embroidered with kaleidoscopic collages of swirling butterflies and clouds.

**Insta-worthy:** The runway, made of 1,188 glass tiles featuring collage-to-photo prints by artist Jang Seung Hyo.

## Thakoon

The Look: Moody paradise

The Runway: Thakoon Panichgul's vacation-enticing collection of relaxed silhouettes (languid robes, silky cropped pants and bare shouldered blouses) seduced in a variety of prints (Tahitian florals, polka dots, palm fronds) done in lush burgundies and blues.

Insta-worthy: The striped knit skirt with electric blue raffia fringe. No one will lose you in a crowd.

Models walk the runway at the Lie Sangbong Spring-Summer 2015 collection. GETTY IMAGES

Those who thought Alexander Wang's sporty sci-fi babes too modest may enjoy Ohne Titel's contributions to Spring 2015. GETTY IMAGES

**Designer to watch**

## *Keep your eyes on Baraschi*

Before launching her own label, Romanian-born Yoana Baraschi earned her fashion keep designing for Faconable, Cacharel, Mugler and Betsey Johnson. We chatted with Baraschi over breakfast and got her tips on how even the most colourphobic New Yorker can brighten up her wardrobe for spring:

**Who is the Yoana Baraschi woman? Who do you design for?**
I design for a woman who doesn't like to be defined by her age or her work. She's independent, unique, strong and bold. She likes to put things together her own way and likes to feel special when she's getting dressed.

**What tips do you have for woman who want to try wearing more colours or prints?**
Wearing it with black helps. It makes it less bold, so if you aren't used to wearing colour or prints, that's a good place to start. So if you have a black bandeau or black mesh pants, or even just black sandals, that can help you feel less lost.

# Canadian street style

**Spotted in: Toronto**

**Name: Jessie**

**Age: 24**

**Occupation: Sales Associate at Club Monaco**

**What she's wearing:**
Franco Sarto shoes, Levi denim shorts, Club Monaco shirt, Joe Fresh glasses, Roots backpack.

**Her inspiration:**
"Fashion bloggers like Christina Caradona and Elin Kling inspire me. And I adore the Olsen Twins' sense of style."

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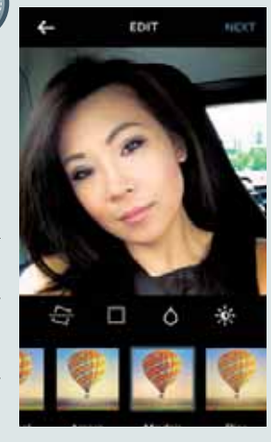
**Trends Report**

The rise of the 'selfie' has prompted big companies to gear their new products towards the snap-happy masses. Go online to Trends Report to see the latest in selfie makeup and gadgets, plus my guide on how to take the perfect selfie.

- **Online.** metronews.ca/trends-report
- **Follow** Irene on Twitter @MetroIreneK and Instagram @kuanirene

Photo: Irene Kuan




ELLE 3
PLUS HOMES

# Meet little lady Lagerfeld

**Mini mogul.** Barbie Lagerfeld to make her debut during Paris Fashion Week

In July, Mattel announced its partnership with Karl Lagerfeld to create an exclusive new Barbie.

Now, in addition to unveiling the first two photos of the doll, the brand has set a date for the much anticipated release.

Dressed and styled by Karl Lagerfeld, the new Barbie will go on sale September 29, in the midst of Paris Fashion Week.

Clearly more than a mere toy, Barbie Lagerfeld is a serious collector's item produced in a limited edition of 999 dolls, each priced at $200.

Fans will have to act fast to get their hands on one of the exclusive dolls, which will only be sold in select Karl Lagerfeld stores, at Colette in Paris, and online at thebarbiecollection.com and Net-a-Porter.

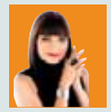
This unique Barbie doll sports a black jacket, a white men's dress shirt, a black satin cravat and fitted black jeans.

Of course, the outfit would not be complete without miniature versions of some of Lagerfeld's signature accessories, like black fingerless gloves and sunglasses. A black leather clutch with metallic accents and black ankle boots round out the look. AFP

Karl Lagerfeld poses with the Barbie inspired by his signature look.

MATTEL / KARL LAGERFELD / AFP

## Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

Once again #BillMurray (flanked by #MelissaMcCarthy + #NaomiWatts) is beyond loveable in St. Vincent #tiff2014

Look who I just ran into on Yorkville Ave! @Dsquared2 These boys rock my world! #truelove

Cookbook of the Week

## So bad it's good!

In her book Dirty Food, Carol Hilker sets out to document the best worst food you'll ever eat. While the trend has been healthy bites, Hilker shows her readers it is still OK to indulge with a range of brunch, bowls, take-out, hot and cold sandwiches, barbecue, wings and ribs; sides, treats and beverages recipes. Included in her book are Chicago-Style Baby Back Ribs, Trinidadian Aloo Pies, Steak Ranchero Burrito, Maine Lobster Omelette, Fried Green Tomatoes, Diner-Style Cherry Pie and more. **METRO**

# Let's talk dirty — dirty food, that is

**Inspired Lunches Week.** Pack this Steak Sandwich with Sautéed Onions and Blue Cheese for the big kids

"A good steak sandwich isn't always the easiest to come by," writes Carol Hilker in her book Dirty Food. "It's hard to find the right combination of perfectly spiced steak, topped with a bounty of trimmings that add the right amount of flavour and texture when placed on a crispy loaf of bread.

"This sandwich, with rare steak, sautéed onions, Dijonnaise, rocket and blue cheese on French country bread is the answer!"

**Ingredients**

**Dijonnaise**
- 2 large white onions
- 2 tbsp butter
- 400 ml (1 3/4 cup) light cream
- 3 tbsp Dijon mustard
- Pinch of salt, ground black pepper, garlic, nutmeg, chopped fresh flat-leaf parsley, tarragon

**Steak Sandwiches**
- 2 x 350 g (12 oz) sirloin steaks/New York strip steaks, cut 2.5 cm (1 inch) thick
- Olive oil, for frying
- 4 onions, sliced into rings
- 1/2 tsp fresh thyme leaves
- 2 garlic cloves, minced
- 1 - 2 loaves French Country Bread
- 4 tbsp Dijonnaise (see above)
- 30 g (1 cup) rocket/arugula
- 115–225 g (4 - 8 oz) blue cheese, crumbled
- Sea salt, ground black pepper

This recipe serves four. PETER CASSIDY

**1.** Make the Dijonnaise by finely chopping the white onion and frying with butter in a medium saucepan. Add the cream and mix in the mustard. Season the mixture and simmer until the sauce takes a mustardy colour and is relatively thick.

**2.** Season the steaks with salt and pepper on both sides. Heat 2–4 tablespoons of olive oil in a medium frying pan over a high heat until it's very hot, almost smoking. Sear the steaks for 1½ minutes per side and then reduce the heat to low and cook the steaks for about 3–4 minutes, turning once. Remove the steaks from the pan and place on a plate. Cover tightly with foil and allow to sit in the refrigerator for 10 minutes. Remove and slice steak into strips.

**3.** Using the same frying pan, heat 3 tablespoons more olive oil over a medium heat. Add the onion slices and thyme and sauté for 10 minutes, stirring occasionally, until the onion is caramelized. Add the garlic for the last 1–2 minutes.

**4.** Cut French country bread lengthwise and into large sandwich rolls. Spread 1 tablespoon Dijonnaise on the bottom half of each bun. Place a layer of the steak strips on top of the Dijonnaise, sprinkle with salt and pepper and top with the caramelized onion rings. Place the rocket on top of the onion rings and sprinkle a handful of blue cheese on top. Cover with the top half of buns. **FROM DIRTY FOOD BY CAROL HILKER. PUBLISHED BY RYLAND PETERS & SMALL (2014).**

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# The perfect bedroom on a budget

With evenings getting darker sooner, it's the perfect time of the year to indulge in a few luxuries for the bedroom. Here are my top essentials when considering a bedroom redo

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

## The right paint colour

Grey-based colours are better for those who like to wake to an all-dark room whereas yellow-based colours are for those that welcome the sunshine in the morning. The perfect fall bedroom colour is the mix of grey and gold: for example, Benjamin Moore's Old Soul CSP-65, BenjaminMoore.ca

## The most comfortable bedding

Some like smooth sateen, some like the texture of linen while others like the cosiness of cotton flannel. Polka Dot Flannel Sheets, from $25, Simons.ca

## The perfect pillow

Get help with this one… Are you a back, side or stomach sleeper? There's a pillow for every position. Distinctly Home Performance Double Stuff Pillow, $55, TheBay.com

## A pet bed

A stylish pet bed will help make sure everyone has their own place for a good night's rest. Danazoo Extra Large Dog Bed, $60, Walmart.ca

## Proper lighting

Are you a night reader? Save space on your night table and hang a light fixture that lets you control the light. Lite Source Rhine Wall Lamp, $170, BedBathAndBeyond.ca

## Good storage

Out of sight, out of mind: Clearing the clutter means waking up in a room with a clear mind. Brimnes Storage Headboard, from $130, Ikea.com

## Light control

Blackout drapes can make a room pitch black — perfect for shift workers or those that just hate waking up to sunlight. Mirage Blackout Curtain, $45, Bouclair.com

# End of summer tidy-up made fun and easy

**DIY.** Try these easy ways to create extra storage space perfectly suited to the changing seasons

It's that time of year again: The days are getting shorter, the nights are getting cooler and boots and coats will soon clutter your home.

With fall right around the corner, maximizing space by decluttering and getting organized is a great way to ensure a smooth seasonal transition and create additional storage room. There are many ways to make the most out of your home. Here are some suggestions that can be quite helpful.

**More transformations**

**To find out more about how you can transform your home into the space you've always wanted, check out the brand new series, Sledgehammer, Thursdays at 10 p.m. ET/PT on DIY Network Canada.**

### In the kitchen

Hang a plastic shoe organizer on the inside of the pantry door to bundle and store snacks or smaller kitchen items to make them easily accessible. If you don't have a large pantry, cut and adjust the shoe organizer to accommodate a smaller area. Install a pot rack on a wall or on your ceiling — this will allow you to hang up your pots and pans and create additional storage.

### In the bedroom

Use storage containers to organize small and miscellaneous objects — store them under pieces of furniture like your bed — this is especially useful for shoes. A variety of shoe racks are also available in many different shapes and sizes. Remember that every area of the room can be utilized; even the corners can be used to mount shelves.

### In the bathroom

Shelves are a great thing to have in every washroom — they are easy to install and can fit anywhere. Mount one above your sink to give you extra counter space and have easy access to things you use on a daily basis. Above the door is also a great place to have a shelf to store excess items like toilet paper or Kleenex. For small metallic items like scissors or nail clippers, stick a magnetic strip inside your medicine cabinet or a small area where you can hang them.

**Don't tie yourself up in knots**

**Hang a rod on the inside of a closet door. It will keep you organized and give you a place to hang smaller items like scarves or ties.**

### In the closets

Hang a rod on the inside of a closet door. It will keep you organized and give you a place to hang smaller items like scarves or ties. Pegs and hooks are also a good option to put up on the wall, especially for heavier items like sweaters and jackets. If you don't have a closet, find spaces in your home that are unused or take advantage of wall space, even extremely small spaces can be useful.

The often underutilized inside of a closet door can provide a surprising amount of storage space. ISTOCK

SPORTS 4

# Whitecaps bump their scoring slump

**And they won, too.**
Morales, Watson tally in just their third victory since the beginning of July

CAM TUCKER
cam.tucker@metronews.ca

The Whitecaps' Pedro Morales, left, converts a penalty past Earthquakes goalkeeper Jon Busch on Wednesday night at BC Place Stadium. The Whitecaps hadn't scored a single goal since Aug. 10. JONATHAN HAYWARD/THE CANADIAN PRESS

The Vancouver Whitecaps scored a goal Wednesday night. Actually, they managed two. It had been a while.

Entering their match with the visiting San Jose Earthquakes at BC Place Stadium, the Whitecaps had gone four straight games without a goal, the span of 411 minutes or, thanks to the power of a calculator, 7.5 hours.

That's about the equivalent to a typical workday.

The slump ended, finally, at 450 minutes. It had to end eventually, right? More important, the Whitecaps managed just their third win since the start of July thanks to a 2-0 result against the Earthquakes.

Midfielder Pedro Morales calmly buried a penalty kick late in the opening half to give Vancouver its first goal since Aug. 10.

The Whitecaps, well aware of their month-long inability to put the ball in the opposing team's net, had been on the attack since the opening kickoff.

Nothing of any quality came from their early attempts, until Whitecaps centre back Kendall Waston fell in the San Jose box and referee Jose Carlos Rivero called the penalty.

Despite large areas of empty seats, the 17,183 fans in attendance began standing in anticipation of the Morales penalty attempt.

It was a golden opportunity, handed to the Whitecaps on a silver platter.

Morales converted. Drought over.

Waston, who joined the Vancouver side from Costa Rica on Aug. 8, gave the Whitecaps a two-goal lead early in the second half.

Waston, who stands a towering six-foot-five, got his head on a Morales corner kick, placing the ball between the legs of a San Jose defender positioned on the goal-line.

The Whitecaps move two points ahead of the Portland Timbers for the fifth and final playoff spot in the Western Conference.

**On Wednesday night**

| Whitecaps | Earthquakes |
|---|---|
| 2 | 0 |

MLB

## Hutchison fans 10 Cubs in Jays' win

Right-hander Drew Hutchison equalled his career best with 10 strikeouts and the Toronto Blue Jays completed a three-game sweep of the Chicago Cubs on Wednesday with an 11-1 victory.

It was the fourth win in a row for the Blue Jays (76-69) and the sixth straight loss for the Cubs (64-82).

Hutchison (10-11) allowed four hits and one run, on a homer by Jorge Soler, over 6 1/3 innings. His other 10 strikeout game was July 1 against the Milwaukee Brewers, also at Rogers Centre.

THE CANADIAN PRESS

Calling it a career

## Koivu retires after 18 NHL seasons

Former Montreal Canadiens captain Saku Koivu has announced his retirement.

Koivu, 39, played for Montreal from 1995 through 2009 and was captain from 1999 on.

During his time with the Habs, the Finnish forward was diagnosed with non-Hodgkins lymphoma and missed almost all of the 2001-02 season before making an emotional return.

Koivu spent the past five seasons with the Anaheim Ducks.

THE CANADIAN PRESS

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## AUGMENTED REALITY

**Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**

→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries
**March 21 - April 20**
Work and relationship issues have placed a strain on your nerves recently but now you can see a way past your problems. A difficult phase is almost over. Learn from it.

### ♉ Taurus
**April 21 - May 21**
Whatever difficulties you face, don't try to blame other people for them. The more you deny that you are responsible, the worse things are likely to get.

### ♊ Gemini
**May 22 - June 21**
Your physical and emotional reserves are likely to be a bit depleted, so take it easy today and tomorrow. There are a number of ways you can improve your health.

### ♋ Cancer
**June 22 - July 23**
This is generally a positive time for you but don't take too much on trust or you may miss out on a golden opportunity.

### ♌ Leo
**July 24 - Aug. 23**
It may seem as if everyone else has been having fun while you've been stuck at home or at work but don't sweat it. Your turn will come — and soon.

### ♍ Virgo
**Aug. 24 - Sept. 23**
Today's Sun-Saturn link means you don't have to be assertive, you just have to know what you are doing. Most people fail because they don't have a clearly defined goal, so work out what it is you most desire.

### ♎ Libra
**Sept. 24 - Oct. 23**
The most vital thing today is communicating what you have to say plainly. Not everyone possesses your way with words. Make sure they get you.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
You may be convinced that your way of doing things is best but you still need to explain and justify your actions to partners and co-workers if you want to get important things done.

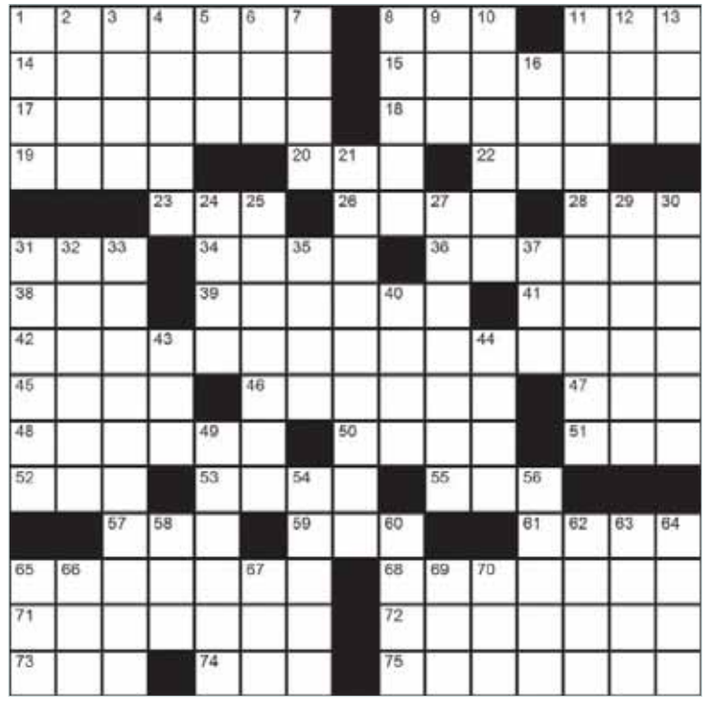
### ♐ Sagittarius
**Nov. 23 - Dec. 21**
So many things have changed in your life of late that you could do with a few days when they stay just as they are. And that's what is likely to happen as Saturn slows everything down.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
Join forces with people who share your concerns, then decide what you can do to make the world a better place. You need to realize though that lasting change takes time.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
You have powerful friends but are reluctant to ask them for help. Maybe it's because you don't want to waste trump cards on minor problems.

### ♓ Pisces
**Feb. 20 - March 20**
You may not be interested what someone is trying to tell you but if you are smart you will listen and nod your head wisely at the appropriate moments.

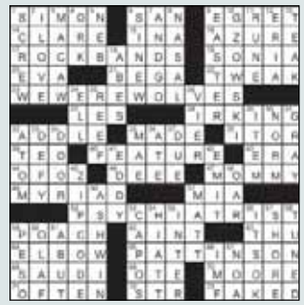
## Crossword: Canada Across and Down by Kelly Ann Buchanan



**Across**
1. "Z Nation" extras, new on Space
8. "Rocky II" (1979), e.g.
11. Panda symbol org.
14. In an on-the-ball manner
15. Instruct
17. "The Honeymooners" star Jackie
18. Soldier's stripe shape
19. Interest
20. CPR giver
22. Marcel Marceau's clown
23. Tree treat
26. "God ha' mercy on such __ __..." - Rudyard Kipling
28. Online ID addresses
31. Intl. clock standard
34. Dragonriders of __ (Anne McCaffrey book series)
36. Arctic covering: 2 wds.
38. Crude
39. Nicole Kidman movie, "The __" (2001)
41. Mix
42. Tragically Hip song that goes: "And that's where the hornet stung me...": 4 wds.
45. Having foot digits
46. CBC's "The Fifth __"
47. Faith [abbr.]
48. "Bewitched" mother
50. "Dial _ __ Murder" (1954)
51. Actress Ms. Williams
52. Thing: Latin
53. Space bear
55. Refusals
57. Any of The Rockies, briefly
59. HS subject
61. Weight allowance
65. BC: __ Lake Marine Provincial Park
68. Spoke
71. Desktop imagery: 2 wds.
72. Jumping
73. Time off, slang-style
74. "Perfect!"
75. Suppertime sprig

**Down**
1. Angular turns
2. Stewing pot
3. Docile
4. Hillsides
5. TGIF part
6. "Strange Magic" gr.
7. Robert Burns' 'since'
8. Factions
9. Old English letter
10. Longueuil's locale
11. "Passchendaele" (2008), for one: 2 wds.
12. Intl. commerce group
13. Marsh
16. Gladiator's 106
21. 'It's a __ __ __ World' (Slogan of the Sci-Fi action/thriller at #1-Across)
24. Snake, for one
25. WWI: Harry Colebourn's "Winnipeg": 2 wds.
27. Smart sounding Saskatchewan spot
29. Coupled
30. Nimbly
31. Gadget-for-cheese
32. Nova Scotia's __ Bay
33. John Buchan, 1st Baron __ (Governor General of Canada from 1935 to 1940)
35. Jonathan Meyers link
37. Founded [abbr.]
40. 16 Wing Borden, the 'Birthplace of the _ _ _ _'
43. Hubbub
44. Roman ruler
49. Fashion 'lane'
54. Sevens: French
56. Novel by #33-Down of which Alfred Hitchcock directed the movie version, The Thirty-Nine __
58. Coffee utens.
60. Swallow
62. Botanical 'coat'
63. __-Levesque (Montreal boulevard)
64. Uptight
65. Comp. part
66. News network
67. "Diamonds __ Forever" (1971)
69. Orange Pekoe
70. Road topping

### Yesterday's Crossword



### Online

See today's answers at metronews.ca/answers

## Sudoku

**How to play**
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

### Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 5 | 9 | 1 | 2 | 6 | 4 | 7 | 3 | 8 |
| 7 | 4 | 6 | 1 | 3 | 8 | 2 | 9 | 5 |
| 8 | 2 | 3 | 5 | 7 | 9 | 6 | 4 | 1 |
| 6 | 7 | 9 | 3 | 1 | 5 | 4 | 8 | 2 |
| 1 | 3 | 8 | 4 | 2 | 7 | 5 | 6 | 9 |
| 4 | 5 | 2 | 8 | 9 | 6 | 3 | 1 | 7 |
| 3 | 1 | 7 | 9 | 4 | 2 | 8 | 5 | 6 |
| 2 | 8 | 4 | 6 | 5 | 1 | 9 | 7 | 3 |
| 9 | 6 | 5 | 7 | 8 | 3 | 1 | 2 | 4 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | | | | | | | | 6 |
| | 7 | | 3 | 2 | 9 | | 5 | |
| | 5 | | | | | | 2 | |
| | | 4 | 8 | | 3 | 9 | | |
| | 1 | | | | | | 4 | |
| | | 7 | 2 | | 1 | 3 | | |
| | 6 | | | | | | 7 | |
| | 8 | | 4 | 1 | 5 | | 6 | |
| 9 | | | | | | | | 8 |

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